



I CAN TRI CHALLENGE 2010

Course Outline

Swim:

The swim will take place in the Alta Canyon 50 meter outdoor heated pool. Athletes will have a 5-10 second delayed swim start. Final race times will be calculated based on your individual start time. Swimmers will swim 8 lengths (4 laps) totaling 400 meters.

Bike:

After completing the swim course, athletes will complete two loops of the bike course totaling 9 miles. After completing the first loop, bikers **will not** return to Alta Canyon, but will continue on 9800 S. After completion of the second loop, athletes **will turn left** onto Highland Dr. and return to Alta Canyon. The bike course is entirely on paved, city maintained roads. There will be live traffic on all course roads so standard road rules apply. Bikes and motorized vehicles are restricted from riding along side or following bikers along route. Follow all race rules or you could be disqualified. There will be **NO BIKE COURSE for the kid's fun race**. Helmets are required for all participants.

Run:

The final leg of the event is the run. Athletes will complete two loops of the run course totaling 5K. At the end of the second loop, athletes will turn right onto a dirt road and follow course markers to finish line. The kid's fun race will run a 2K around the perimeter of Alta Canyon Park.

